

Fiesta Rice Salad

Makes: 4 servings

This cool and refreshing salad is a great way to use leftover rice and turn it into dinner on a hot summer night.

Ingredients

- 1 **cup** brown rice (cooked)
- 1 carrot (shredded)
- 1 **cup** broccoli (chopped fine)
- 1 red onion (small, chopped)
- 1 **cup** tomato (chopped)
- 1 bell pepper (sweet, green, red, yellow)
- 1 **can** kidney beans (15oz, drained, rinsed)
- 2 **tablespoons** cilantro (or other fresh herbs) (chopped fine)
- 2 **tablespoons** red wine vinegar (or white or cider)
- 1 **tablespoon** vegetable oil
- salt and pepper (to taste, optional)

Directions

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy!

Notes

Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	11 mg
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.

Use low calorie salad dressing and leave out the vinegar and oil.

Try a squeeze of lemon or lime juice in place of vinegar!

Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes